

## Cosmetic Motivations Questionnaire (CMQ)

### Instructions:

The following is a list of common motivations for undertaking cosmetic procedures. We are asking about your motivations so we can personalise your treatment approach.

Please read through the list and rate how much each motivation applies to you and your reasons for requesting this procedure.

		Does not apply to me	Somewhat applies to me	Applies to me very much
1	Look more attractive	0	1	2
2	Look better in photos or videos	0	1	2
3	Look more approachable or make a better first impression on others	0	1	2
4	Improve my social media profile or social standing	0	1	2
5	Look younger or slow down the ageing process	0	1	2
6	Look good professionally or compete with colleagues	0	1	2
7	Look more feminine	0	1	2
8	Look more masculine	0	1	2
9	Look more like I do in filtered or edited images	0	1	2
10	Improve an aspect of my appearance which I dislike (even though others think I look fine)	0	1	2
11	Look more symmetrical	0	1	2
12	Keep up with current beauty trends	0	1	2
13	Reduce signs of ageing but still look like myself	0	1	2
14	Look or feel more refreshed	0	1	2
15	Feel happier	0	1	2

		Does not apply to me	Somewhat applies to me	Applies to me very much
16	Improve a feature which I have been teased or bullied about	0	1	2
17	Attract a romantic partner, or look good for a partner	0	1	2
18	Improve a feature that I feel self-conscious about	0	1	2
19	Look good for an upcoming event	0	1	2
20	Feel more self-confident	0	1	2
21	Look noticeably 'enhanced'	0	1	2
22	Look more normal	0	1	2
23	Reduce or hide negative emotional expressions (e.g., sadness or anger)	0	1	2
24	Correct an aspect of my appearance caused by an injury or birth defect	0	1	2
25	Look more like myself again	0	1	2
26	Reduce the amount of time I spend worrying about my appearance	0	1	2
27	Fix a feature that has been holding me back from living my life	0	1	2

**Developer Reference:**

Pikoos & Buchanan, 2022

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